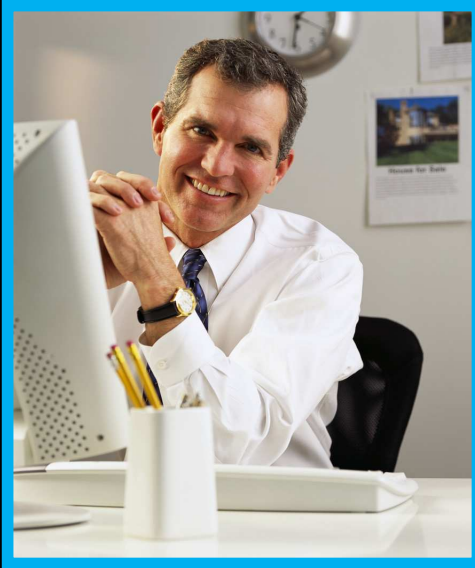




# make healthy easy

TAKE YOUR HEALTH RISK ASSESSMENT \*  
**September 15, 2009 through December 31, 2009**



Go to <https://delaware.online.staywell.com> and  
simply follow the on screen instructions.

The completely **FREE**, confidential Health Risk Assessment (HRA) will assess your lifestyle habits and provide immediate, personalized results that will identify your health risks and offer helpful resources to improve them. For example, if your HRA shows you have a health risk, you may qualify for the NextSteps® coaching program to help you make real improvements – your way! Talking with a health expert can make a big difference in your success. Encouragement, helpful tips and ideas – you name it, your coach is there for you!

*\*Available to all full-time state, school district, charter school, and higher education employees and non-Medicare eligible retirees, as well as spouses and dependents over the age of 18 who are covered under the State Group Health Insurance Program as of July 1, 2009.*

